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Police results being reviewed

Family and friends of Holly Bartlett, who died in 2010, do not agree with investigators' conclusions on her death **PAGE 3**

Triaging strike action

Halifax nurses have voted in favour of walking off the job after 9-day standstill with Capital Health **PAGE 4**

Best defence is a strong offering

Newer players in coffee market using the power of patriotism to brew competition **PAGE 12**

THE CURIOUS INCIDENT OF THE CELERY IN THE DAYTIME

PORTLANDIA IS BACK — HIDE YOUR NON-ORGANICS! **PAGE 15**



FAST & FAB, SLEEK & CHIC

Alicia Melanson, owner of Urban 30 Blowdry Bar, poses for a photo at her new Barrington Street location on Monday. The blow-dry bar, which looks to get customers in and out within 30 minutes, is the first of its kind in Atlantic Canada. Story, page 5. JEFF HARPER/METRO

Man charged in local court

Loretta Saunders.
Blake Leggette, 25,
accused of stealing
missing woman's car

A man charged with stealing Loretta Saunders' car is set to appear in Halifax court Tuesday and has been questioned about her disappearance, say police.

Blake Leggette, 25, was brought to Halifax on Sunday night by investigators and held in custody on Monday.

Halifax Regional Police spokesman Const. Pierre Bourdages said Leggette was questioned about the stolen car, as well as Saunders' disappearance.

Victoria Henneberry, 28, was arrested and charged with possession of a stolen vehicle alongside Leggette but remains in Windsor, Ont., where they were arrested.

Both people have also been charged with fraud related to allegedly using Saunders' debit card, which will be handled by the Ontario police.

Vigil

The family of Loretta Saunders has invited the public to attend a candlelight vigil at Grand Parade in Halifax on Tuesday at 7 p.m. to show support for her safe return.



They were also reportedly renting an apartment on Cowie Hill Road from Saunders.

Bourdages said Henneberry will be brought to Halifax before Thursday, and said it was "not possible" for investigators to bring both back at the same time due to logistics.

Saunders, a 26-year-old Saint Mary's University student, hasn't been seen since she left her Cowie Hill Road apartment on Feb. 13, and was officially reported missing by her family a few days later.

HALEY RYAN/METRO



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Holly Bartlett

'We want some closure'

An independent review into how Halifax Regional Police handled Holly Bartlett's death is a "step in the right direction," says Shelley Adams, but she hopes it leads to the reopening of her friend's case.

Adams, a longtime friend of Bartlett's who works with the Canadian National Institute for the Blind, said Monday she was "really glad" to hear of the upcoming review because she felt police hadn't understood Bartlett's ability to get around by herself during their investigation.

"She had impeccable, impeccable orientation and mobility skills," Adams said.

She said Bartlett, and anyone else who has vision loss, would have paid attention to traffic noise, inclines in the road or bumps in the sidewalk as cues for where they're going.

Adams, who said she met Bartlett when she was about 13 years old, said she was a "major inspiration" throughout her life due to her sense of humour and confidence.

"She just never let her vision loss hold her back, she did all kinds of things like skydiving and swing dancing," Adams said.

"I still think about her almost every day."

Adams, who helped form the Justice for Holly group, said she hopes the review will show a proper investigation wasn't done and the case is reopened.

"Something just wasn't right that night and hopefully we can find out what that was," Adams said.

"We want some closure."

HALEY RYAN/METRO



Halifax Regional Police Chief Jean-Michel Blais speaks to the media during a press conference at HRP Headquarters on Monday. JEFF HARPER/METRO

Review to look at how police handled death

Four years later. Holly Bartlett: Quebec City police will review files, interview her family



HALEY RYAN

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Halifax Regional Police say an independent review will examine how investigators handled the death of Holly Bartlett, four years after the 31-year-old was found under the MacKay Bridge.

The review was prompted by continued concerns from Bartlett's family and the need

to see if there was anything police had "overlooked," HRP Chief Jean-Michel Blais told reporters Monday.

"I'm confident in the investigation that we've done so far, but like anything else we're human beings too and perhaps we've missed out on something," he said.

Bartlett, who was blind, was found unconscious under the bridge on the morning of March 27, 2010, and passed away in hospital the next day.

At the time, police said Bartlett had become disorientated within her surroundings after drinking alcohol, and fallen off a concrete abutment at the end of the bridge surrounded by a chain-link fence.

Family and friends have stated they don't agree with that result, and a group called Justice for Holly was formed shortly after her death.

Blais said Bartlett's parents came to police last summer with questions about the case that they weren't satisfied with after a three-hour conversation with the lead investigator.

"Until you know for certain, there's always going to be that lingering doubt there and it's our hope ... that we're going to be able to provide a bit more certainty to the family," Blais said.

Bartlett's death was not suspicious in light of evidence they have now, Blais said, but

added the case could always be reopened if new information was discovered.

Blais said the police force in Quebec City will be conducting the review since they are the closest police service with a large major-crimes unit.

The similarities between both cities were important as well, Blais said, such as size, proximity to major waterways and two large bridge structures.

The review is expected to take two months to complete, and Blais said two bilingual investigators will look into how Halifax police handled the case as well as meet with Bartlett's family.

1 NEWS

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RNs could walk out as early as April, union president says

Ninety per cent.

Vote overwhelmingly supports strike action

GEORDON
OMAND

halifax@metronews.ca

Registered nurses in Halifax have voted overwhelmingly in favour of taking strike action if contract negotiations with the Capital District Health Authority remain stalled.

Ninety per cent of the nearly 1,900 ballots cast over the past several weeks supported striking, the union announced on Monday.

"We've had nine days at the table already and ... there's been no indication from the employer that they're going to work with us," said Joan Jessome, president of the Nova Scotia Government & General Employees Union.

"We can't bargain with ourselves, (so) right now we're kind of at a standstill."

By the numbers

1,701

Votes in favour of strike action.
195 voted against.

NSGEU represents the 2,300 registered nurses who work in Capital Health.

Three key issues are central to the union's bargaining position: mandated minimum nurse-to-patient ratios, a three-year-long contract and significant scheduling changes.

NSGEU and Capital Health are set to return to the bargaining table for three days of conciliation talks in mid-to-late March.

Barring a successful outcome, Jessome said nurses could walk off the job as early as the first week of April.

"We're hoping that reaches a solution so it doesn't come to the point of a strike," said Capital Health spokesman John Gillis about Monday's vote count.



Nova Scotia Government Employees Union president Joan Jessome, second from the left, counts strike ballots with fellow union members, from left, Lori Smith, Robert Chisholm and Janice Nicholson in Halifax on Monday. JEFF HARPER/METRO

Underage prostitution charges

A woman in Halifax is facing more than a dozen charges for allegedly pimping a young girl.

The 14 charges faced by 36-year-old Florence Muriel Young include Internet luring, counselling someone under 18 into prostitution, knowingly hiding someone under 18 in a "bawdy house" and living off the avails of underage prostitution.

"We believe that Ms. Young was using her residence to facilitate underage prostitution," said Halifax Regional Police spokesman Const. Pierre Bourdages.

"We've seen it in other cities (other than) in Halifax, where girls were being forced into prostitution."

On Friday, officers with both Halifax police and RCMP

searched a house on Valentine Lane in Pockwock and an apartment on Evans Avenue in Halifax, where they seized computer equipment and arrested Young.

According to Bourdages, police believe there may be more victims and are asking anyone with more information about the case to step forward.

GEORDON OMAND/FOR METRO

P.E.I. businessman convicted

A Nova Scotia Supreme Court judge has convicted a Prince Edward Island businessman of sexually assaulting a 14-year-old girl in Dartmouth in 1991.

In an oral decision delivered Monday, Judge Patrick Murray said Stephen Nicholas Taweel, 55, of Charlottetown did not obtain the consent of the girl before they

engaged in a series of sexual encounters in a home in Dartmouth.

Taweel, who pleaded not guilty prior to his trial last November, is president of Taweel Developments Inc. and Taweel Construction Ltd. He is also chairman of the Charlottetown Downtown Residents Association.

During his trial, he de-

nied touching the girl in Dartmouth, testifying they did engage in consensual sexual activity soon after they first met in P.E.I. earlier that year.

The legal age of consent in 1991 was 14, the girl's age at the time. Taweel told the court that the girl had told him she was 16 years old.

THE CANADIAN PRESS



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New hairstyling concept blows into Barrington Street

Urban 30. Blow-dry bar the first of its kind in Atlantic Canada

DESERIE MURPHY
halifax@metronews.ca

Halifax, it's time to get beautiful — fast.

A new, retro beauty parlour offering an easy, quick way for people to get ready for a night on the town has opened on Barrington Street.

"If you're going out, it's all about coming here and getting beautified," said Urban 30's general manager Audrey Parker.

Urban 30, which officially opened on Monday, is the first blow-dry bar in Atlantic Canada, aiming to get you all dolled up in about 30 minutes for about \$30 depending on what you want.

It doesn't offer cuts or dyes — just a wash, blow dry and style. Customers that want to further pamper themselves can have their makeup done, eyelashes lengthened or nails manicured.

The first successful blow-dry bars were started in Vancouver and New York City about six or seven years ago and are still running today.

Owner Alicia Melanson has been a stylist for nine years and has owned her salon Alicia Melanson Hair and Makeup on the upper floor of the building for four years. She experienced a blow-dry bar first hand in Montreal at La Style Bar last year.

"I got the clients' perspective and got the opportunity to talk to the owner for a few hours and get insight from her," said Melanson. "There is a good market for it, and it's gaining in popularity."

They've started the process of applying for a liquor licence, but it may be a few months before the red tape is removed. However, they do sell other beverages such as coffee and hot chocolate and are also looking to introduce small food items.

"I think the business crowd will fill our daytimes mostly, and our Friday, Saturday and Thursdays we'll be aiming for the nightlife crowd," Melanson said.



Alicia Melanson, left, owner of Urban 30 Blowdry Bar, gets her hair touched up by stylist Emily Moore. JEFF HARPER/METRO

Cause no gossip

"It's a safe place to cheat on your hairdresser, because it's only a blow dry and style."

Owner Alicia Melanson

Simple plan

"We're just thinking about what people like and what we can give them and we feel we will be successful with that attitude."

General manager Audrey Parker



A look at the shop. JEFF HARPER/METRO

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Cape Breton. Lighthouse destroyed in blaze

Police say the cause of a fire that destroyed a Cape Breton lighthouse has been deemed suspicious.

Cape Breton Regional Police say the Point Aconi lighthouse northwest of Sydney Mines burned to the ground on the weekend.

Staff Sgt. Kevin Dowe says the fire department in nearby Florence received a call Sunday, but by the time firefighters arrived, the 11-metre lighthouse was a smouldering ruin.

According to the Nova Scotia Lighthouse Preservation Society, the white, glass-fibre lighthouse was built in 1989.

The light overlooked Span-



The lighthouse at Point Aconi.
CAPE BRETON POST FILE

ish Bay at the northern tip of Boularderie Island.

CAPE BRETON POST

Afton. Cops ID woman killed in highway crash

Police have released the name of a woman killed in a weekend crash in Afton.

Sixty-one-year-old Marie Deborah Johnson of Paq'tnkek First Nation died of her injuries on Saturday.

Police say it appears Johnson lost control of the mini-

van she was driving.

The vehicle veered off Highway 4 and flipped over in a ditch.

Johnson was alone in the vehicle.

The Mounties say the investigation continues.

THE CANADIAN PRESS

Morse. Teachers union re-elects president

Shelley Morse has been re-elected as Nova Scotia's Teachers Union president.

The term will run from Aug. 1 to July 31, 2016.

Morse has been an elementary classroom teacher for 29 years and a vice principal for the most recent eight.

"We will work to improve

working conditions to ensure our students' learning needs are met through safe and positive workplace environments," Morse said in a statement released Monday.

Morse was first elected in 2012, becoming the 43rd person to hold the position.

METRO

Proud parents

MP Scott Brison and husband welcome twins

Scott Brison is a father.

Over the weekend, the Kings-Hants MP and veteran member of the Liberals caucus posted a picture on his Twitter account of himself and husband Maxime St. Pierre holding their new twin daughters.

Claire Brison-St. Pierre weighed in at seven pounds, 10 ounces while Rose Brison-St. Pierre tipped the scales at eight pounds, four ounces. HANTS JOURNAL

Turning away cats

Hants County SPCA issues plea for support

The Hants County branch of the SPCA is struggling to make ends meet and is slowing down its intake of animals immediately.

"Finances are very low," said Tammy Acker, the organization's secretary. "We have had to practically halt intake. We are obligated to take any stray dogs from the bylaw enforcement officers ... but with cats, it's going to be (only) those that are very vulnerable." HANTS JOURNAL



Nichelle Benn, right, and her mother, Brenda Hardiman, wait at provincial court in Dartmouth last month. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Woman pleads not guilty of assault

Brain disorder.

Mother of accused says daughter shouldn't have been charged because of disability

A woman with an intellectual disability who is accused of biting and striking a staff member at a care facility in Nova Scotia pleaded not guilty to assault charges on Monday.

Nichelle Benn's lawyer entered the plea in Dartmouth provincial court to the charges of assault, assault with a weapon

and breach of probation.

The 27-year-old woman's trial is scheduled to begin Oct. 31, with days also set aside on Nov. 6 and 7 for the hearing.

Outside court, Brenda Hardiman said she doesn't believe her daughter should be before the justice system because of her organic brain disorder.

She said she continues to hope the charges will be dropped prior to trial.

"We don't hear of assault charges placed against people who have Alzheimer's (disease) and who have bouts of aggressive behaviour. Our situation is no different," Hardiman said.

Halifax police allege the young woman bit and hit an employee with a foam letter and a shoe at the Quest Regional Rehabilitation Centre in Halifax on Dec. 12.

A police spokesman has said officers also have to consider the alleged victim when laying charges in cases like Benn's.

Defence lawyer Jane O'Neill declined to comment on what legal arguments can be made on behalf of her client, saying the public will have to wait until the trial to hear possible defences.

Benn is living in a separate

Charges

"This is a health issue ... and not a criminal issue."

Mother Brenda Hardiman

part of the Quest facility but Hardiman said she expects her daughter to move to a smaller group home in a community setting within three months.

"We are pleased with the progress. We're cautiously optimistic and we'll see how it unfolds," she said.

THE CANADIAN PRESS

Four vehicles stolen from used car lot

The RCMP say four vehicles were stolen from a used car lot in Lower Sackville Sunday night, with the drivers crashing through a closed gate to get them out.

Police were called to Manheim Auto Auction on Sackville Drive around 9 p.m. regarding two stolen vehicles, but it was later determined that four were taken.

All four vehicles have

since been recovered and several people arrested.

A Hyundai Tiburon car and Chevy Colorado truck were both abandoned and located in Lower Sackville. The truck was found in the back parking lot of a bowling alley with a damaged front end.

A GMC Canyon truck was found in Upper Sackville and police say a 20-year-old Halifax man was arrested and is

now facing charges.

The other stolen vehicle — a Kia Rio car — was recovered in Truro and five people were arrested. Three males have been charged ranging in age from 17 to 19.

RCMP spokesman Sgt. Mike Ladstone said the theft is still under investigation and more charges are expected.

"We're just reviewing

Caught on camera

Police say they have video surveillance of the robbery.

some of the evidence right now, and hope we can get the appropriate people charged," he said.

DESERIE MURPHY/FOR METRO



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Grenade attack in Thailand kills two young children

Political unrest. 'I'm asking ... to let my children be the last case (of violence) on Thai soil,' pleads grieving father

The father grimaced and wept as he struggled to contain his grief at the death of his two children in a grenade attack during a weekend trip to a mall in downtown Bangkok — the latest casualties in Thailand's months of political crisis.

"I'm asking and pleading to every side to let my children be the last case (of violence) on Thai soil," Tayakorn Yos-ubon, 33, said, his voice shaking, before retrieving their bodies from the morgue Monday.

Korawit, four, and his sister Patcharakorn, six, were not part of the anti-government demonstrations. They had piled into a three-wheeled "tuk-tuk" taxi after eating at

a KFC with their cousin and an aunt when the attack occurred Sunday near a busy intersection occupied by the protesters.

The siblings, along with a 5-year-old girl who died Saturday in another attack on a rally site in the eastern province of Trat, are the first children to be killed in the country's recent political unrest, which has claimed at least 20 lives and injured more than 700 since November. Police have not arrested any suspects in the weekend attacks.

The Thai public has recoiled in shock over the children's deaths, and yet there seems to be no sign that either side in the impasse is softening its position. City residents have braced for more violence.

The nine-year-old cousin suffered brain and lung damage and is in intensive care.

UNICEF on Monday called for the protest zones to be made "child-free" and urged parents to keep their children away. **THE ASSOCIATED PRESS**



Tayakorn Yos-ubon, the father of two children killed in Sunday's grenade attack on an anti-government protest site, is embraced by his family as he breaks down during a ceremony at a hospital where he collected their bodies Monday in Bangkok, Thailand. WASON WANICHAKORN/THE ASSOCIATED PRESS

U.S. defence secretary proposes major army cuts



Joint Chiefs Chairman Gen. Martin Dempsey listens as Defense Secretary Chuck Hagel (not pictured) briefs reporters at the Pentagon Monday, where he recommended shrinking the army. CAROLYN KASTER/THE ASSOCIATED PRESS

Defense Secretary Chuck Hagel on Monday proposed shrinking the U.S. Army to its smallest size in 74 years, closing military bases and making other military-wide savings as part of a broad reshaping after more than a decade of war.

Hagel outlined his vision in a speech at the Pentagon, a week before President Barack Obama is to submit his 2015 budget plan to Congress.

Hagel said that U.S. forces must adjust to the reality of smaller budgets, even as he asserted that the United

States faces a more volatile, more unpredictable world that requires a more nimble military.

"We are repositioning to focus on the strategic challenges and opportunities that will define our future: new technologies, new centres of power and a world that is growing more volatile, more unpredictable and in some instances more threatening to the United States," he said.

Under the Hagel plan, which Congress could change, the active-duty Army would

shrink from its current 522,000 soldiers to between 440,000 and 450,000. That would make it the smallest since just before the U.S. entered World War II.

Hagel said Obama's budget proposal will include a government-wide "Opportunity, Growth and Security Initiative" that would provide the Pentagon with \$26 billion on top of the \$496 billion it is due to receive in 2015 under terms of the budget deal passed by the Congress two months ago.

THE ASSOCIATED PRESS

Controversial moves

Among the bolder moves in Hagel's proposal is the elimination of the Air Force's fleet of A-10 aircraft, as well as its venerable U-2 spy planes, and reductions in the size of the Army National Guard.

- Hagel said the administration will propose a new round of domestic military base closings in 2017.

Bekaa Valley

Israeli air strikes at Lebanese-Syrian border reported

Israeli aircraft carried out two air strikes Monday near the Lebanese-Syrian border, Lebanon's state news agency said. There was no immediate confirmation from Lebanese security officials,

and the Israeli military declined comment.

Lebanon's National News Agency said the air raids took place near Nabi Sheet, a remote village in the eastern Bekaa Valley. The agency did not say what was targeted in the attack. The porous border is frequently used by fighters and smugglers to move people and weapons between Lebanon and Syria.

THE ASSOCIATED PRESS

Pipeline

Final Keystone XL decision coming in months: Obama

The U.S. government appears to be proceeding at full speed with its review of the Keystone XL pipeline. There are signs that a recent Nebraska court ruling won't delay the federal regulatory process.

State governors leaving a meeting with President Barack Obama say he told them to expect a final decision within a few months. And the State Department says the federal process is continuing despite the court ruling.

The court threw out a law that gave the governor the power to force landowners to allow the pipeline to run through their property.

THE CANADIAN PRESS

Untested

States tackle rape kit backlog

Possibly hundreds of thousands of rape kits remain untested across the U.S., and a number of states are proposing legislation to address backlogs that are years or decades long.

In Memphis, Tennessee, alone, more than 12,000 rape

kits remain untested, according to the Rape Kit Action Project. Tennessee is among at least 17 states with proposals that range from requiring law enforcement agencies to inventory their rape kits to analyzing them in a certain amount of time. Three states — Colorado, Illinois and Texas — have passed laws that mandate a statewide accounting of untested rape kits. **THE ASSOCIATED PRESS**

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HALIFAX	H04090	DART SXT	AUTO PITCH BLACK	\$21,590	
HALIFAX	P04089	DART SXT	AUTO PITCH BLACK	\$21,740	
HALIFAX	H04231	DART SXT	AUTO TUNGSTEN	\$21,965	
HALIFAX	P04229	DART SXT	AUTO HEADER ORANGE	\$21,815	

DEALER	STOCK#	MODEL	COLOUR	WAS	PICK YOUR PAYMENT
STEELE	P31340	DART SXT	AUTO TRUE BLUE	\$22,265	\$15,995 OR \$65 <small>WK</small> \$0 DOWN
STEELE	P04220	DART SXT	AUTO MAX STEELE	\$22,415	
STEELE	P31334	DART SXT	AUTO BRIGHT SILVER	\$22,415	
STEELE	P26495	DART SXT	AUTO TUNGSTEN	\$22,415	
HALIFAX	P04219	DART SXT	AUTO HEADER ORANGE	\$22,265	
HALIFAX	P31339	DART SXT	AUTO REDLINE PEARL	\$22,265	\$17,995 OR \$69 <small>WK</small> \$0 DOWN
HALIFAX	P04110	DART SXT	AUTO BLUE STREAK	\$22,990	
HALIFAX	H04222	DART SXT	AUTO BRIGHT WHITE	\$22,265	
HALIFAX	H46953	DART SXT	AUTO BLACK	\$23,310	
HALIFAX	H83524	DART SXT	AUTO REDLINE PEARL	\$23,160	
HALIFAX	P83426	DART SXT	AUTO PITCH BLACK	\$23,485	\$19,995 OR \$75 <small>WK</small> \$0 DOWN
HALIFAX	P04108	DART SXT	AUTO TRUE BLUE	\$24,040	
HALIFAX	P20795	DART SXT	AUTO BRIGHT SILVER	\$24,635	
STEELE	P04096	DART SXT	AUTO HEADER ORANGE	\$25,035	
HALIFAX	P18931	SE AERO	AUTO PITCH BLACK	\$24,665	

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Manitoba. Greyhound bus killer should have more freedom, says psychiatrist

A doctor is suggesting that a man who beheaded a passenger on a Manitoba Greyhound bus should get more freedom.

Vince Li's psychiatrist is asking the Criminal Code Review Board to let Li have unescorted day trips to Selkirk, Man.

Dr. Stephen Kremer says Li should also be moved out of a locked ward and onto an unlocked ward at the Selkirk Mental Health Centre.

THE CANADIAN PRESS



Vince Li THE CANADIAN PRESS FILE

Truth and Reconciliation. Alberta, NWT bishops say sorry for abuse of children

Catholic bishops in Alberta and the Northwest Territories have apologized for abuse that aboriginal children suffered in residential schools.

Edmonton Archbishop Richard Smith said Monday the group is the last in the country representing Catholic bishops to make a public offer of regret. Others have issued

formal apology letters as the Truth and Reconciliation Commission held events in their regions, he said.

"We are adding our voice to those of the Catholic bishops and leaders of religious communities across Canada," Smith told students at Edmonton's Ben Calf Robe School.

THE CANADIAN PRESS

First Nation youth

Report calls for five-year plan

A new report by Ontario's advocate for children and youth is calling for a five-year plan to address the needs and difficulties facing aboriginal young people.

The report, titled *Feathers of Hope*, came out of meetings last year involving more than 160 aboriginal youth from 64 communities. THE CANADIAN PRESS

Election Act changes

NDP, Liberals push for hearings

The NDP is accusing the governing Conservatives of trying to rig Canada's election rules while clouding criticism of the changes as just another Ottawa battle.

The NDP, backed by the Liberals, wants hearings held across the country on proposed changes to the Elections Act.

THE CANADIAN PRESS

Arrest warrant issued for Ukraine's ousted leader

Kyiv. Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

Canada, U.S. react

- White House spokesman Jay Carney says the U.S. is prepared to help Ukraine regain economic stability by providing support.
- The Harper government is leaving the threat of sanctions against Russia on the table if it interferes in the events in Ukraine.

With Viktor Yanukovych on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchinov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

Yanukovych, who fled Kyiv on Saturday after the opposi-

tion took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russia area.

Calls are mounting to put Yanukovych on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakhov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovych and several other officials for the "mass killing of civilians."

THE ASSOCIATED PRESS

Ukraine no 'laughing matter'

Trudeau slammed for hockey quip

The Conservatives took aim at Justin Trudeau on Monday for his tongue-in-cheek weekend remarks linking the upheaval in Ukraine to

Russia's Olympic hockey humiliation.

"So Justin Trudeau ... thinks the deadly crisis in Ukraine is a laughing matter," Employment Minister Jason Kenney tweeted.

Industry Minister James Moore also took to Twitter to draw attention to Trudeau's joke. THE CANADIAN PRESS



People lay down flowers at one of the streets leading to Independence Square in Kyiv, Ukraine, on Monday. Ukraine's acting government issued a warrant Monday for the arrest of President Viktor Yanukovych, accusing him of mass crimes against protesters who stood up against his rule. EFREM LUKATSKY/THE ASSOCIATED PRESS



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Surprise move. Egypt's cabinet resigns; could pave the way for el-Sissi

Egypt's interim cabinet resigned Monday in a surprise move that could pave the way for the nation's military chief Abdel-Fattah el-Sissi to announce his widely anticipated plans to run for president in the spring. The resignation, announced by Prime Minister Hazem el-Beblawi in a televised statement, came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after Islam-

ist President Mohammed Morsi was ousted by the military.

THE ASSOCIATED PRESS

Changes

The Cabinet will remain until a new one is formed.

- El-Sissi has already secured the support of Egypt's military body to seek the presidency.

C. African Republic

Muslims killed in rural massacre

Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. THE ASSOCIATED PRESS

Congo

Militia attacks displace thousands

The UN says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. THE ASSOCIATED PRESS

Defiant Ugandan president signs anti-gay bill into law



Ugandan students from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Center outside of Kampala, Uganda, on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

'Abhorrent.' White House press secretary Jay Carney says the country took a step backward and urged for the law's repeal

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Ugandan President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa. Museveni may have defied Western pressure to shelve the bill four years and many versions after it was introduced, but his move —

likely to galvanize support ahead of presidential elections — pleased many Ugandans who repeatedly urged him to sign the legislation. Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks. Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday. "The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse." THE ASSOCIATED PRESS

Russia. Sochi's over, let the 'Gay Games' begin

Sochi's Olympics ended on a high note, with a closing ceremony full of spectacle and humour, to make the world forget controversies over cost and human rights. But the next Games are about to begin and could prove even more challenging.

The 'Open Games' start Wednesday, the creation of Russia's LGBT Sports Federation. Around 250 athletes from 11 countries are arriving in Moscow to compete in events including badminton, swimming and skiing over a packed five-day program. Athletes need not

be gay themselves, but "pro tolerance."

The Federation states their aim is to challenge Russia's laws on homosexuality, such as a ban on 'promoting' or publicizing gay events. It hopes to "empower LGBT and other people to struggle for their rights in the homophobic environment."

The organizers, led by former security service employee Viktor Romanov and ex-figure skater Konstantin Yablotskiy, claim they have showed respect for the Sochi Games by timing their event to begin afterwards.

KIERON MONKS/METRO WORLD NEWS

Arizona. Group tries to stop no service for gays bill

Arizona's biggest business advocacy group called on Gov. Jan Brewer Monday to veto a bill allowing business owners with strongly held religious beliefs to refuse service to gays.

The legislation that passed last week has triggered a national backlash from supporters of gay rights, and the Arizona Chamber of Commerce and Industry is among business groups requesting a veto.

Three Republican state senators who voted for the bill are now urging Brewer to veto it.

Sen. Bob Worsley says he and Sens. Adam Driggs and Steve Pierce sent a letter to Brewer Monday asking her to strike down the legislation. Worsley says he was uncomfortable when he voted for the bill. Both he and Pierce called their votes a mistake.

The business chamber said the bill could hurt tourism and open the door to lawsuits against businesses.

THE ASSOCIATED PRESS

Around 250 athletes from 11 countries are arriving in Moscow to compete in the 'Open Games', put together by Russia's LGBT Sports Federation to challenge the country's stance on homosexuality. CONTRIBUTED

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Coffee wars brewing from coast-to-coast

Joe drama. The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks



MELISSA DUNNE
melissa.dunne@metronews.ca

On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton, Ont., in 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't mat-

ter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll

Up the
Rim to
Win

cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadiana works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Star-

bucks, they
have
not

By the numbers

\$898M

Tim Hortons reported it had earned \$898.5 million in revenue during the fourth quarter, up 10.7 per cent from a year earlier, but a smaller profit than analysts were expecting.

been able to maintain their head start.

Timothy's grew from one store in London, Ont., to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of \$8.5 million. But the chain is mounting

a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced.

Oh, and also cheap.

And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

• **Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.

• **Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).

• **Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.

• **Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.

• **Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.

• **Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.

• **London, Ont.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.

• **Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.

• **Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.

• **Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.

At-home

The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy

McAlpine, head of the Coffee Association of Canada.

Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and

Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012.

Pods have certainly perked up the home market, and the

takeout coffee champs have all set their sights on adding some at-home fans to their base.



Market Minute



DOLLAR
90.36¢
(+0.54¢)

Natural gas: \$5.47 US (-\$1.17)
Dow Jones: 16,209.13 (+105.83)



TSX
14,227.08 (+21.36)



OIL
\$102.82 US (+\$0.62)



GOLD
\$1,338 US (+\$14.40)

Hey, what's up?

Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

THE ASSOCIATED PRESS



As the sun sets on the Sochi 2014 Winter Games in Russia, the future is uncertain. For the host cities, the real challenge begins with the end of the Olympics. Here's a look at what some past summer and winter games sites around the world look like post-Olympics.

TEXT AND PHOTOS: THE ASSOCIATED PRESS



Sarajevo, Bosnia: Gone downhill

Wartime destruction and negligence have turned most of Sarajevo's 1984 Winter Olympic venues into painful reminders of the city's golden times.

Vancouver: On track, so far

All Games venues from the 2010 Olympics in Vancouver remain in use, with local authorities funding a \$110-million trust to make sure that they don't fall into disrepair.



Nagano, Japan: David and Goliaths

In Nagano, Japan, a city with a population of just 387,000, five large structures were built for the 1998 Winter Games. They are in use, but many say the venues are too big and costly to maintain for the size of the town.

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Ken Greenberg Keynote Lecture

Architect, urban designer, teacher, author of *Walking Home: the Life and Lessons of a City Builder*, former Director of Urban Design and Architecture for the City of Toronto and Principal of Greenberg Consultants

City Building: The Great Paradigm Shift

We are living through one of the most remarkable transformations in urban history as 21st century cities worldwide redefine themselves. At the core of this transformation is an increased focus on the concept of place. New more dynamic models for city building are emerging that stress mix, overlap, shared space and flexibility and integrating "concepts" at the intersection of economy, community, and environment.

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SHIFT RESILIENCE

DON'T BE AFRAID TO FALL

My generation grew up in an age of motivational posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.



SHE SAYS
Jessica Napier
metronews.ca

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But at

tacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

They've entered the matrix



Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. **METRO**



The cube stands at eight metres high and six metres wide.
COURTESY NUMEN/FOR USE

Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. **METRO**



COURTESY NUMEN/FOR USE

Clickbait



LUKE SIMCOE
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.

Android:

"Make me a sandwich."
"Beam me up, Scotty."
"Who are you?"
"When am I?"
"What does the fox say?"

iPhone:

"Will you marry me?"
"Mirror mirror on the wall who's the fairest of them all?"
"Siri, can you open the pod bay doors?"



ISTOCK IMAGES

Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead_ca: Ye lice-infested swine! I only be downloading a single movie: "Booty and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarrrr.

Follow @metropicks and take part in our daily poll.

Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.

Bucket of Chicken posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student P.S. I had math in the morning.
Bucket of Awesome posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

DVD review

Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock,
George Clooney

Not since 2001: A Space Odyssey has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high.

PETER HOWELL

Hollywood

Ghostbusters star
Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as Ghostbusters and Stripes, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis.

THE ASSOCIATED PRESS

Dust off your bikes and fight for your vegan rights

Portlandia is back.

The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT
HEALY

Metro World News in Boston

Over the past three seasons of Portlandia, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called The Celery Incident, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surreality, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe



Fred Armisen and Carrie Brownstein are set to bring you another season of Portlandia. AUGUSTA QUIRK/IFC

doesn't mean the show is formulaic. Yes, you will see a lot of the characters you've seen in the previous three seasons, but in preposterous situations: Candace and Toni, the owners of Women and Women First bookstore, host a car wash fundraiser; Lance and Nina — Brownstein and Armisen's gender-swapping couple — find themselves in conflict with Jeff Goldblum's mattress salesman over a certain claim he has made that casts everything Lance stands for into doubt.

"We'll have pictures of the characters on a bulletin board and we'll have an idea for something," says Armisen, "and then we kind of shift the idea to each character, like, 'I wonder if they would be good for this?' And then eventually it will just resonate right away, and you'll know it's perfect for a set of

Watch it

- Portlandia season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

characters."

With such a winning formula, it's understandable that the Portlandia peeps would be protective of what they've created.

"We have worked for four seasons to make this world that feels a little bit specific and strange and hyper-real," says Brownstein. "So we try to keep that world magic and special, but of course in the meantime we have had people from SNL and friends on. There's definitely an open-door policy, as long as it feels germane and doesn't

feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for Late Night with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about Portlandia and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on Portlandia. "It will be perfect," he says, with a little less attitude. "My focus is Portlandia. That's what I do."

2 SCENE

MBA Information Session

February 26, 5:30 - 7:00 pm

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Sam Worthington ALL PHOTOS GETTY IMAGES

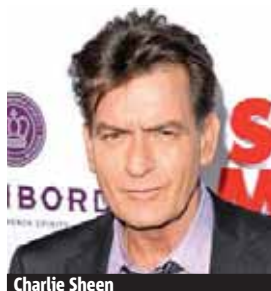
Avatar star Worthington punched photographer who 'kicked' his girlfriend

Avatar star Sam Worthington was arrested in New York over the weekend for allegedly punching a photographer during an altercation outside a Greenwich Village bar, according to Radar Online. Law enforcement sources say the Australian actor was coming to the aid of girlfriend Lara Bingle. "The photographer

kicked Lara and then Worthington punched him, causing the photographer to have lacerations to his nose," an NYPD spokesperson says. "He has been charged with assault. He punched the photographer." That photographer, by the way, was also arrested on charges of assault, reckless endangerment and harassment.

Charlie's chuffed with new fiancée ... just don't say porn star

Charlie Sheen is excited about starting a life with his new fiancée, Brett Rossi, but he'd be a lot happier if the press would stop calling her a porn star. "It's absolutely making Charlie crazy that the media keeps referring to Brett as a porn star, because she no longer is doing that. She recently graduated from nursing school," a source tells Radar Online. "Furthermore, her stage name is Brett Rossi, her legal name is Scottine Ross. He wants people to refer to her as Scotti."



Charlie Sheen

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Baldwin states his case and writes off the fame game

MELINDA TAUB

Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to



everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer

tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now. I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.

Stan Domestic Medium Hair

This well-dressed and most handsome fellow is 5 year-old Stan. He is laid-back, happy and easy going with a personality that is unflappable. Stan is a well-adjusted cat, purring softly even when he's snoozing. We think Stan is the kind of cat that cat lovers idolize: he's got loads of personality; he's loving and social; and he's got a great look. We expect Stan would adjust easily and quickly to a forever home where he was treated lovingly and respectfully. He's pretty much the whole package. All he needs is a home to call his own.



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What does your achoo say about you?



Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

Winter blahs. Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

MAJA LUNDAGER PEDERSEN
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an al-

lergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can

get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits?

"Indoor things like dust mites and mold," Lehach says.

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

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"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."

3 TIPS

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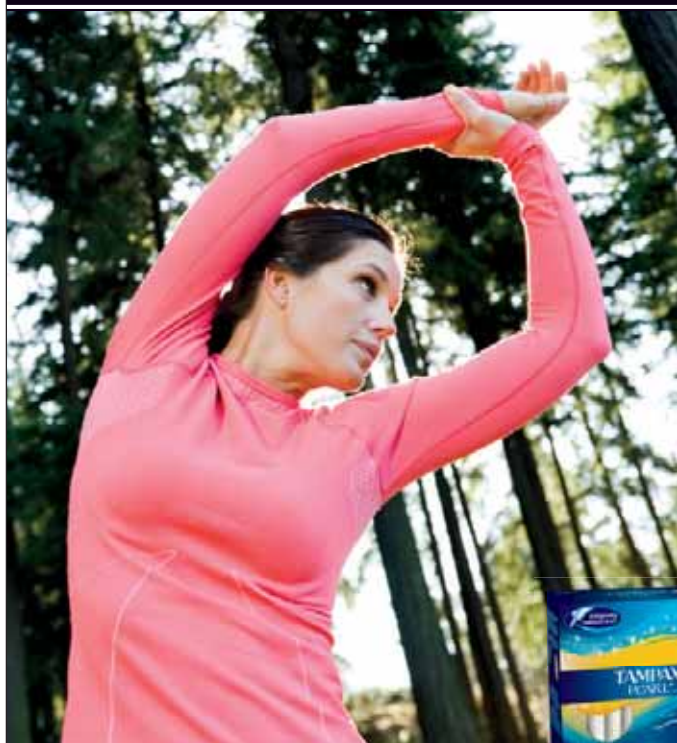
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- 2 ARM CIRCLES** Hold your arms out straight at either side at shoulder level. Alternate rotating your arms in small and large circles, backwards and forwards. You'll build shapely, lean arms and shoulders.
- 3 SIDE BENDS** Stand with your feet shoulder-width apart, your arms over your head and your hands clasped. Bend sideways from the waist, lengthening your arms as you bend. You'll develop your obliques for a strong core.

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FOR YOU Protect against plaque and gingivitis, plus fight pesky bad breath, by keeping a small bottle of

Crest Pro-Health Multi-Protection Rinse in your purse for after lunch. Add Crest Pro-Health toothpaste and an Oral-B toothbrush, and soon you'll have a great daily habit.



To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity. Crest® Pro-Health Multi-Protection Rinse fights gingivitis. Crest Pro-Health toothpaste is for adults and children 12 years and older. Crest Pro-Health Stages toothpaste fights cavities. Oral-B power toothbrushes are for ages 3+.

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STAY WELL MOM



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1-Source: <http://www.mayoclinic.com/health/juicing/AN02107>. 2-By relieving irregularity.
3-Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.

GET LOST, COLDS AND FLUS!

You're worried that your kids are packing a little something extra in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly,

it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based

hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.



To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

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† Source Healthcare Analytics, 2012. © 2014 P&G



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If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavour-wise.

The addition of duck fat, however, makes it out of bounds for many.

Liver itself is nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Aside from duck fat, there are caveats — and big ones. Liver is high in cholesterol, which isn't a problem for most. But if your doctor has asked you to avoid

it, do so.

In addition, liver is the organ that cleanses the body of all kinds of toxins. Which means, whatever the animal was exposed to can get concentrated in their liver and you would be consuming pesticide, medication and environmental toxins.

Simple solution? Go organic. Organic chickens are fed organic feed, which reduces their load and, in turn, yours. They are available at health-food stores and well worth the effort. Like, once in a while. Don't be doing this weekly, sheesh.

Trim livers of any fat or and simply pan fry on high heat with garlic and oregano for a traditional Greek treat. It's excellent as an appetizer! Or, bust out the hand blender and puree into pâté. Either way, classic Mediterranean simplicity is at your finger tips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



All pâté roads lead to a red-wine-sipping kind of meal

THERESA ALBERT

myfriendinfood.com

Traditional pâté is often made with about 50 per cent added saturated fat. This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

1. Clean livers and remove ducts and any fat. Rinse in a

Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided
- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste



This recipe serves six. COURTESY THERESA ALBERT

colander and place into a large casserole dish.

2. Add remaining ingredients, except pepper, and bake at 300 F for 30 minutes until very firm.

Stir once during baking.

3. Allow to cool and use a hand wand to puree well.

4. Using a spatula place into

jars, top with ground pepper and drizzle with melted butter.

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NHL

X-rays show Stamkos not well enough to play

Injured Tampa Bay Lightning star Steven Stamkos is recovering, but not ready yet to return to the lineup.

Stamkos is sitting out a four-game post-Olympic trip that starts Thursday at Nashville.

Stamkos underwent X-rays on Monday that revealed that his broken right shin, which has sidelined him since November, is improving but not enough for him to be cleared to play in games.

The centre will travel with the team to continue practising, and is expected to be examined again when the Lightning return for a homestand that begins March 6 against Buffalo.

THE ASSOCIATED PRESS

NBL Canada

Rainmen mauled by Miracles

The Halifax Rainmen fell back into their old habit of falling behind early and paid the price Monday, falling 115-104 to the Moncton Miracles at Moncton Coliseum.

Heading into the second half trailing by 11 points, the Rainmen showed some spark in the third quarter, outscoring Moncton 31-27. But the Miracles regrouped in the final quarter to pull away from the 10-29 Rainmen, who have lost two straight games.

Miracles guard Johnny Mayhane led all scorers with 24 points. Jason Williams paced the Rainmen for the third straight game, notching 20 points and six rebounds. **METRO**



Carey Price shows his gold medal to the media at the Montreal Canadiens' practice facility on Monday in Brossard, Que. RYAN REMIOWZ/THE CANADIAN PRESS

Price checks back in after 'satisfying' trip

Hockey. Habs goalie coming off high of winning gold and posting stellar numbers

Quoted

"Emotionally, it was a very trying time. I'm just taking the next couple of days to relax and unwind."

Team Canada goalie Carey Price

Carey Price looked a little dazed at the Montreal Canadiens practice facility after returning from Canada's Olympic hockey triumph.

Price arrived with some other players on Monday morning from Sochi, Russia, where his near-flawless goaltending helped Canada to a second straight gold medal in

men's hockey.

Still jet-lagged and sleepy, he didn't take part in the Canadiens' practice and will have at least two days off to recover.

He said the gold he flashed for the photographers in front of his locker-room stall "still hasn't sunk in a whole lot."

"I'm sure it will over the

next couple of days."

Price went to Sochi not knowing how much work he'd get in the net, but he started Canada's opening game against Norway and ended up playing five of the team's six games. Roberto Luongo got the other start and also got a shutout against Austria.

Price led Olympic goalies with a 0.59 goals-against average as Canada let in only three goals in the tournament. He posted a .971 save percentage and had two shutouts.

Now he feels the confidence gained from that performance will make him a better goalie in the NHL.

"It's satisfying, no question," the 26-year-old said. "There was a lot of doubt about the position going into the Olympics. We heard about it in August at the orientation camp. And to be able to deliver at the right time was huge."

THE CANADIAN PRESS

Can Canada keep the gold times rolling?



Slopestyle skiing gold medalist Dara Howell from Huntsville, Ont., is welcomed back to Canada in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Canada's Olympic team in Sochi benefited from the afterburn of hosting the previous Winter Games in 2010.

It's a trend, although not a given, that the home country of an Olympic Games can parlay the momentum for another quadrennial or two because of a high-revving sports system.

Canada won 25 medals in Sochi after a total of 26 in Vancouver in 2010.

The Canadian team finished third in overall medals and first in gold four years ago. In Sochi, the final tally was good for

Hosts' right to boast

- China was second with 100 medals at the 2008 Beijing Games and second with 88 in London in 2012.
- The U.S. has cracked the top three in the Winter Games

medal count since hosting in 2002.

- Australia hit a high of 50 medals in Athens after Sydney had the Games in 2000, but fell to 35 in London.

fourth overall and third in gold.

Hosting a Games made Canada a winter sport power, but can it last to 2018 and beyond?

"I think it's sustainable,"

said Steve Podborski, Canada's chef de mission in Sochi. "It's really, really fun to be good at something."

THE CANADIAN PRESS

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4 SPORTS

Man with the golden touch

Sidney Crosby's career features numerous highlight-reel goals. Here's a look at five that may rank among his best.

TORSTAR NEWS SERVICE

Photos by Getty Images

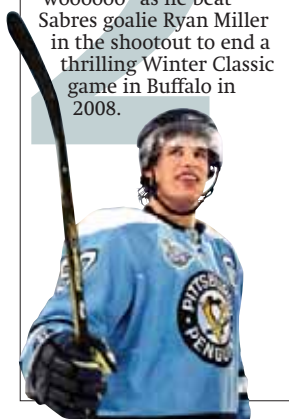


Welcome back, Sid

The goal Crosby scored against the Islanders in November 2011, in his first game back from a long concussion layoff. Crosby broke through the Islanders defence and tucked a backhand top shelf, one of his fave moves.

Winter Classic shootout

You can hear Crosby yelling his familiar "woooooo" as he beat Sabres goalie Ryan Miller in the shootout to end a thrilling Winter Classic game in Buffalo in 2008.

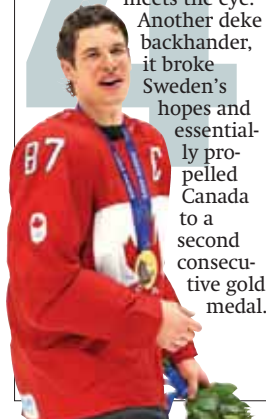


Premiere of the Crosby Show

This one came against the Canadiens in November 2005 and was one of the goals that started the legend. To end a shootout, Crosby did his little leg kick fake, then went backhand roof past a helpless Jose Theodore. For good measure, the puck knocked the water bottle off the top of the net.

Sochi Olympics

This was Crosby's latest thriller, and it carries more weight than first meets the eye. Another deke backhand, it broke Sweden's hopes and essentially propelled Canada to a second consecutive gold medal.



Golden goal in Vancouver

You can hear Crosby shout to Jarome Iginla for a feed as he bolted to the net from the corner. Miller was the victim again as Crosby won the gold medal for Canada. The goal ranks up there with the most famous in international competition for Canada.

NHL

Sabres still dangling Miller on trade market

A person familiar with discussions has told The Associated Press that Buffalo Sabres GM Tim Murray continues to pursue offers for goalie Ryan Miller with the intention of dealing him before the NHL trade deadline on March 5.

The person spoke on the condition of anonymity because Murray did not speak to reporters Monday.

The person said the team's first option is trading Miller, who is in the final year of his contract. Option No. 2 would be making a bid to re-sign Miller if a trade can't be completed.

Miller was a no-show at Sabres practice Monday because the United States' backup goalie was travelling from the Sochi Games.

Miller was scheduled to arrive later in the day.

THE ASSOCIATED PRESS

MLB

Trout's contract talks won't slow big fish: Manager

Angels manager Mike Scioscia said Monday that he isn't worried about possible contract talks becoming a distraction for star centre-fielder Mike Trout.

"It's not an issue and it's certainly not an issue with Mike," Scioscia said.

Published reports have said the team and Trout are discussing a long-term deal.

Scioscia said he hasn't seen a contract becoming a problem in his time with

the Angels.

"We haven't had anybody here in 15 years because of a contract situation that hasn't come out and given 100 per cent," Scioscia told reporters.

Scioscia said his training camps are "high energy" and designed to keep players focused. He added that distractions can come in many forms and pointed out that Trout has handled distractions easily through two seasons with the Angels.

In two seasons, Trout has won the American League Rookie of the Year award and was twice the runner-up for AL Most Valuable Player.

THE ASSOCIATED PRESS

Collins among old pals in return with Nets

NBA. Openly gay player playing alongside many former teammates with a 10-day contract in tow

Jason Collins has a week and a half to prove himself to the Brooklyn Nets.

He signed a 10-day contract, one of the toughest deals in sports because it gives non-superstars almost no time to impress their coaches and teammates in hopes of sticking around.

With this group, Collins did that long ago: The Nets locker room is filled with former teammates who have already accepted the league's first openly gay player and his on-court habits, which are the ones that matter most to them.

"Guys already know what ... to expect from me. It's like, OK, he's not going to magically have a 40-inch vertical (leap) and shoot threes," Collins said.

That made it the ideal place for his historic return to the NBA.

Perhaps, as numerous players insisted after Collins came out in a Sports Illustrated

article last April, athletes were ready to accept a gay teammate. Maybe Collins would have been welcomed anywhere he signed.

But maybe not. As the bullying scandal involving the Miami Dolphins proved, the locker room can be a place where abusive language can divide a team and threaten to derail a season, to say nothing of the fallout for the players themselves.

The loudest voices with the Nets, however, belong to the team leaders, and they've already made up their mind about Collins.

Old teammate Jason Kidd coaches the team. Collins played with Joe Johnson in Atlanta and Kevin Garnett and Paul Pierce in Boston, and they are now the respected veterans in Brooklyn.

Collins played six and a half years with the Nets, who he helped reach the NBA Finals with Kidd in 2002 and 2003. One of his first calls when he came out last April was to Kidd.

"You look at all the connections that Jason has and also being that he played with the Nets before, so I think this is a great opportunity for him," Kidd said.

THE ASSOCIATED PRESS



Jason Collins made his return to the NBA on Sunday night playing for the Nets against the Lakers in Los Angeles. JEFF GROSS/GETTY IMAGES

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 A Great Big World ft Christina Aguilera Say Something

5 Pharrell Williams Happy

4 Jason Derulo Talk Dirty

3 Lorde Team

2 Katy Perry ft Juicy J Dark Horse

1 Pitbull ft Ke\$ha Timber

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Horoscopes

Aries

March 21 - April 20

There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

Taurus

April 21 - May 21

You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

Gemini

May 22 - June 21

You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

Cancer

June 22 - July 23

The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

Leo

July 24 - Aug. 23

One of your more impulsive moods could lead to something good... or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

Virgo

Aug. 24 - Sept. 23

Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

Libra

Sept. 24 - Oct. 23

Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

Scorpio

Oct. 24 - Nov. 22

Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

Sagittarius

Nov. 23 - Dec. 21

If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

Capricorn

Dec. 22 - Jan. 20

You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

Aquarius

Jan. 21 - Feb. 19

If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

Pisces

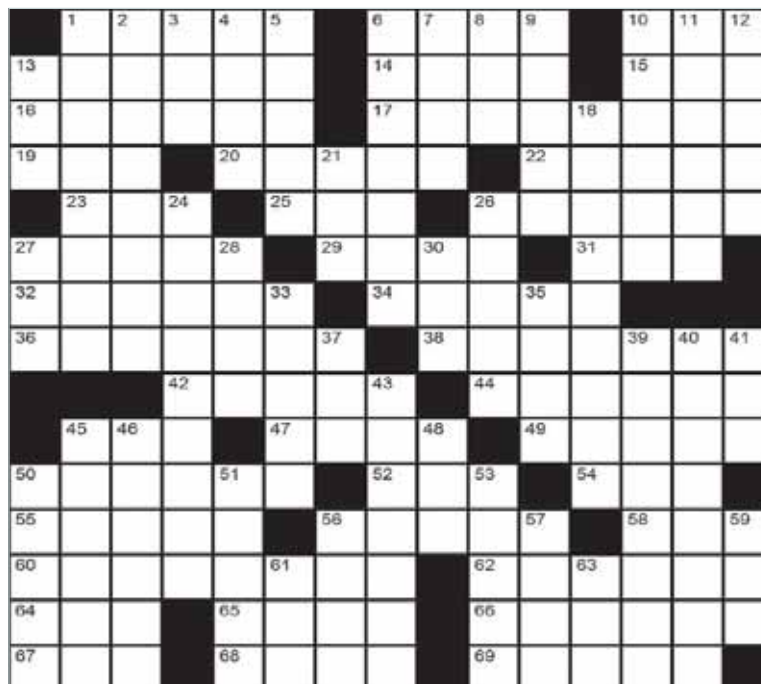
Feb. 20 - March 20

Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Nary ____ (Nobody)
6. Bible boy
10. Ms. Gardner
13. Refinement
14. Taj Mahal's site
15. Vancouver-born actor Mr. Bellows
16. Manitoba: ____ Provincial Park
17. Oscars: 2014 Best Original Song nominee "Happy" by ____ Williams
19. URL ending
20. Singer Ms. Baker
22. Choreographer Mr. Terrio
23. E-Mail sending acronym
25. Santa __, California
26. Pamper
27. Tidal bore
29. "Sand in My Shoes" singer
31. Coral reef
32. Great Pyramid of Giza commissioning Pharaoh
34. Sally Field's Oscar-winning role, ____ Rae
36. 1998 Barenaked Ladies chart-topper: 2 wds.
38. Rumour
42. Mister, in Madrid
44. Little wave
45. Is able to
47. United ____ Emirates
49. Reservations



50. Least wild
52. Global currency org.
54. Green Day drummer, ____ Cool
55. Stevie Wonder's "____ Called to Say I Love You"
56. Cherish
58. "The Age of Innocence" (1993) actress ...her initials-

59. 1953 John
60. Laurentian locale, Saint-____
62. Reverberations
64. French article
65. Marvel Comics superhero
66. Flunky
67. Bottom-of-letter letters
68. Articulates
69. 1953 John

Wayne movie

Down

1. German highway
2. Robert Service poem, The Cremation of ____
3. ____ whim
4. Calif. campus
5. British singer Ms. Lewis
6. 2014 Best Picture

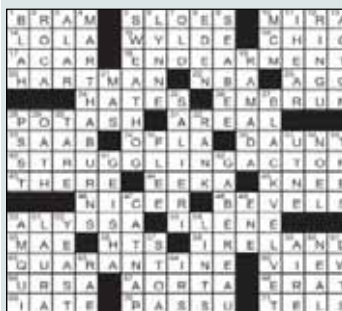
7. Turkish official or military title
8. Mr. Gershwin
9. Elaine ____ ("Taxi" role for Marilu Henner)
10. Schedule
11. In a despicable manner
12. Festive song:

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

13. White House defence advisory gr.
18. Locale of pre-Oscars telecast action: 2 wds.
21. Polit. designation
24. ____ Pass (Alberta community in The Rockies)
26. Apples gadget
27. Green
28. Sword sort
30. Play-____
33. La Chabre Rouge occupant, ____ du Canada
35. But: French
37. North or South country [abbr.]
39. BC mining community
40. Other self: 2 wds.
41. Thumbs-up
43. Invading ilks
45. Descendants of Acadians in Louisiana
46. Makes funny
48. Canuck financial inst.
50. Standstill
51. Sporty figures
53. New
56. Skipper's salute
57. Prefix meaning "Outer"
59. Compass dir.
61. ____-ching!"
63. Distinguished [abbr.]

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	7	3	6	4	9	1	2	5
2	8	5	1	7	6	4	9	3
1	9	4	2	3	5	8	7	6
5	2	7	3	8	4	6	1	9
4	6	9	5	2	1	3	8	7
3	1	8	9	6	7	5	4	2
9	4	6	7	5	8	2	3	1
7	5	2	4	1	3	9	6	8
8	3	1	6	9	2	7	5	4

			7				3	1
1	5			4				
9			5				8	4
	1			3		2		
3								7
		2		6			4	
8	9			7				3
			5				7	6
2	7				9			

Today



Wednesday



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